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## **CLAIMS**

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- 1. A pack suitable for housing liquid and/or solid-liquid contents whose wall comprises a layer of board, an inner layer sufficiently impermeable to create a seal between the board and the pack's contents, and an outer protective layer covering the board, wherein the pack's layers are microwavable and the outer layer is breathable.
- 2. A pack according to claim 1, wherein the outer layer is a varnish and a further layer is provided between the varnish layer and the board which is of ink and which is breathable.
  - 3. A pack according to claim 2 wherein the breathable region is substantially limited to the ink layer area.
  - 4. A pack according to any preceding claim wherein the breathable region comprises perforations spaced within the range of 5mm to 40mm.
    - 5. A pack according to claim 4 wherein the pitch of perforations is substantially 20mm.
    - 6. A pack according to either of claims 4 and 5 wherein the perforations are strips.
    - 7. A pack according to any preceding claim wherein the outer layer is formed by strands of appropriate material with gaps formed between the strands acting as breathable regions.
    - 8. A sheet comprising a layer of board covered by an impermeable layer on one side and a protective layer on the other side covering the board, wherein the layers are microwavable and said protective layer incorporates a breathable region or regions.
- 9. A pack substantially as herein before described with reference to and/or illustrated in any appropriate combination of the accompanying text and/or figures.